

CRM Outdoor Recreation Canoe Trip FAQ's

"Man, some of these seem a bit insulting!" PLEASE bear with us, over the past decade the staff of the Outdoor Recreation Division has learned to take nothing for granted. Almost every item below has a story. The purpose is to provide as much information as possible to make sure everyone understands what to expect. We want to keep everyone safe and the group as a whole to have a great experience. Do not hesitate to ask (e-mail) more questions PRIOR to the day of the trip.
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I may have certain concerns / health issues, should I go? Trips are planned for absolute beginners with no experience, assuming these beginners are in relatively good physical condition (should be able to walk 3 miles). We will be on the Tar River; current, mud, and wildlife are present. You must be in good physical condition, able to paddle consistently and with power in relation to your size. A positive mindset is required! Individuals with specific concerns should consult their doctor.

Do the canoes have a weight capacity? Yes. The total weight capacity per canoe is 400 pounds or less. The maximum weight per paddler is approximately 240 pounds.

Will my canoe roll over? It is possible. Due to their design canoe are unstable and apt to roll.

Do I have to wear a PFD (Lifejacket)? YES

Can you give an overview of the typical trip? Most trips will meet at the Outdoor Rec Office, we'll fit everyone for PFD's and paddles and give a brief overview. We will transport the group to the starting location on a City van, staff will unload the canoes and give paddling instruction. We will complete the trip and return to the Outdoor Rec office.

Will I be required to stay with the group? Yes.

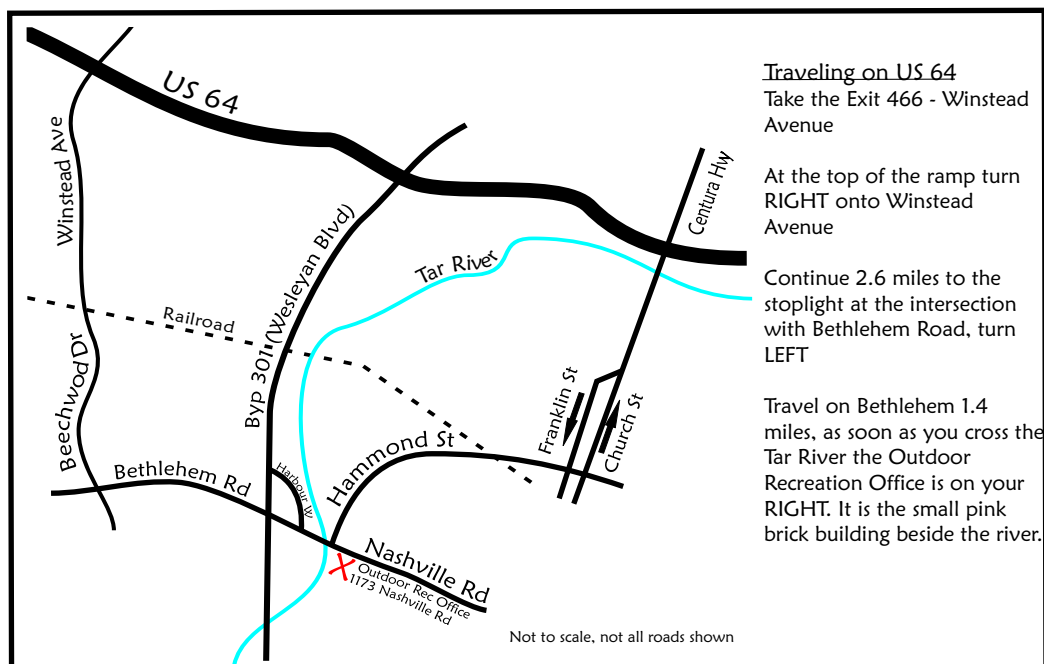
Are bathrooms available? Yes, the Outdoor Recreation office is located on-site, there is one small restroom. Once we leave the office, the third tree on the left.

What if it rains? We will cancel / postpone in case of severe weather, but may proceed with hit and miss rain.

What should I wear? Each participant should have the following items to make the trip as comfortable and fun as possible: water bottle, hard soled shoes (preferably water shoes or sandals), clothes that dry quickly, and sun screen.

What else should I know? Make sure you bring appropriate meds such as asthma inhalers, epi pens (bee allergy) etc, we will be outdoors. We recommend individuals to leave anything at home that cannot get wet or lost. Glasses should have tethers / strings. We are not responsible for any items lost.

Where are you located? 1173 Nashville Rd, old Arts Center across from Edwards School.



CITY OF ROCKY MOUNT CANOE TRIP PROGRAM
RELEASE, INDEMNITY, ACKNOWLEDGEMENT AND ASSUMPTION OF RISK

IN CONSIDERATION of the participation of the undersigned in the Canoe Trip Program (the "Program") sponsored by the City of Rocky Mount, the undersigned, for myself, my heirs, executors, administrators, personal or legal representatives, successors and assigns, hereby agree to:

(i) RELEASE, WAIVE and FOREVER DISCHARGE the City of Rocky Mount, its elected officials, officers, employees, and agents (collectively the "City") from any and all claims, losses, damages, or liability (present and future), on account of injury to my person or property, including injury resulting in my death, arising out of, or in any way connected with, my participation in the Program, including, without limitation, to the extent permitted by law, any claim, loss, liability, or damage related (directly or indirectly) to acts or omissions (negligent or otherwise) of the City; and

(ii) INDEMNIFY, DEFEND and HOLD HARMLESS the City from and against any and all claims, losses, liability, and damages (present and future) and all cost, charges, and fees (including reasonable attorneys fees) related thereto, arising out of, or in any way connected with, my participation in the Program, including, without limitation, to the extent permitted by law, any claim, loss, liability, or damage related (directly or indirectly) to acts or omissions (negligent or otherwise) of the City.

I understand that participation in the Program involves the risk of injury or death, and by executing this Release, Indemnity, Acknowledgement and Assumption of Risk (this "Release"), I acknowledge and assume all risk of injury or death resulting from participation in the Program.

I further agree that if any term or provision of this Release, or the application thereof, to any person or circumstance shall, to any extent, be deemed invalid or unenforceable, the remainder of this Release, or the application of such term or provision, to person or circumstances other than those to which it is held invalid or unenforceable, shall not be affected thereby, and each term and provision of this Release shall be valid and enforceable to the fullest extent permitted by law.

I have carefully read this Release and have executed the same voluntarily adopting the word "SEAL" after my name as my seal.

THIS DOCUMENT RELEASES YOUR RIGHT TO MAKE A CLAIM IF THE PARTICIPANT HAS AN ACCIDENT OR IS INJURED DURING THE PROGRAM. DO NOT SIGN IT UNLESS YOU HAVE READ IT AND UNDERSTAND IT FULLY.

Participants should notify staff of any relevant needs, conditions or allergies prior to the outing.
Participants should bring proper medications related to specific conditions or allergies.

Pictures or video clips may be taken while participating in City of Rocky Mount Parks and Recreation programs. If you do not concur, please contact the Parks & Recreation Department at 972-1151.

_____(SEAL)

Signature of Participant

Name (print)

_____(SEAL)

Signature of Participant Parent
(If participant is a minor)

Name of parent (print)
(If participant is a minor)

Address

City

Zip

Telephone

E-Mail

Would you like to be added to the Outdoor Rec. mailing list? ___No ___ Yes

Office use only

NP _____ AML _____ AEML _____ A/I _____ DOT _____ R _____ C/C/CC _____